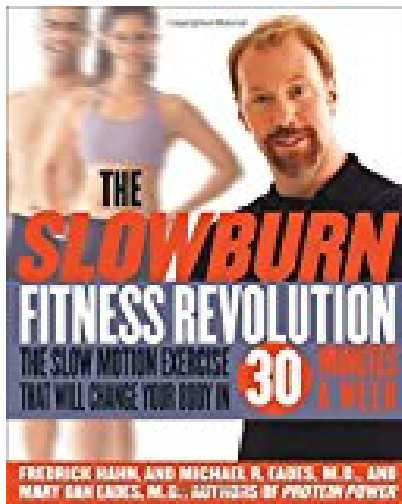


The Slow Burn Fitness Revolution The Slow Motion Exercise That Will Change Your Body in 30 Minutes a Week



BOOK DETAILS

- Author : Fredrick Hahn
- Pages : 181 Pages
- Publisher : Harmony
- Language : English
- ISBN : 0767913868



BOOK SYNOPSIS

Outlines a program of slow-movement exercise that safely increases strength and burns fat in only half an hour per week, providing step-by-step instructions designed to work out the entire body, improve cardiovascular health, and enhance spinal support.

THE SLOW BURN FITNESS REVOLUTION THE SLOW MOTION EXERCISE THAT WILL CHANGE YOUR BODY IN 30 MINUTES A WEEK

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